

# Summer Activity Guide

## Junction City Area 2011



**A Publication of Tribune News and the  
Junction City Community Services Department**

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who have made this publication possible.

Please remember to shop local!



Junction City Skatepark at Laurel Park, Conceptual Design

Construction on Phases 1 & 2 Scheduled to Begin Summer 2011!

## Junction City Community Services Department Sites



**Department Director**  
Melissa Bowers 541.998.4767

**Community Services Center**  
175 W 7<sup>th</sup> Avenue  
541.998.4767 MWF 11am –6pm



**Junction City Public Library**  
726 Greenwood Street  
Library Director  
Lynn Frost 541.998.8942



**Viking Sal (55+)**  
has a full Program Guide available  
Stop by the center or call.

**Viking Sal**  
245 W 5<sup>th</sup> Avenue  
Viking Sal Program Lead  
Marcia Scalise 541.998.1556



**Max Strauss Seasonal Pool**  
1515 Laurel Street  
Off Season 541.998.4767  
Summer 541.998.3621  
Pool Manager Katie Kerr



# Overview of Junction City Park Locations - Summer Recreation Hot Spots



## **Bailey Park**

Acreage: 2.6 acres. Year Built: 1976. East end of Bryant Street. 50' high Oak trees define the edge on the west and south boundary at the

perimeter of an open lawn area with a pathway running through. A playground is located on the southeastern corner with two play structures and benches at its perimeter. The park includes two tennis courts with lighting for night usage.



## **Tequendama Park**

Acreage: 0.5 acres. Year Built: 1981. Timothy So. off of W 6<sup>th</sup>. Tequendama Park is located adjacent to Junction City High School. A bike/

pedestrian path is located along the eastern boundary of the park. Additionally, two pathways extend to Shara Place and Saxon Place. A pathway also extends east from the park along the south side of the High School. The park includes playground equipment as well as a small basketball court. There is one picnic table and a bench in the park for seating.



## **Oak Meadows Park**

Acreage: ~ 0.77 acres. Year Built: 2002. Yew North of off W. 10th. Oak Meadows Park was constructed as a part of a new subdivision development. The park includes play

structure and basketball court, path into and around the park space, surrounding an open lawn area. The landscaping utilizes a wide range of plant species providing seasonal interests and variation of texture.



## **Laurel Park**

Acreage: 1.45 acres. Year Built: 1920's. Laurel Park is located next to the Junction City Municipal Swimming Pool (Max Strauss Pool), and Laurel Elementary

School at 14th and Kalmia. The park includes two shelter areas. The larger shelter structure has enclosed rooms on either side of an open court area. The smaller shelter structure is a gazebo and includes sinks, electrical outlets and picnic tables. The gazebo is available for rent. If interested please contact the City Recorder at 541-998-2153 for a rental application.

## **Toftdahl Park**

Acreage: ~ 0.87 acres. Year Built: 1999. 15<sup>th</sup> and Laurel. The park is surrounded by single family homes to the north, the Municipal Swimming Pool to the south, Dutch's field to the east and School District athletic fields to the west. The park is connected to 17th Avenue though a bike path. The park includes a play structure and basketball court.



## **Dutch's Field**

Acreage: ~ 1.9 acres Year Built: Originally built in 1930's. 14th & Kalmia. The field has bleachers, small press-box, electronic scoreboard and field lights for nighttime play. There is a parking lot between the field and the Max Strauss Pool to service the field as well as ample on-street parking. Dutch's Field is available for rent. If you are interested please contact the City Recorder at 541-998-2153.



## **Founders Park**

Acreage: 0.25 acres Year Built: 1980. Founders Park is located in the middle of downtown Junction City at 5th and Holly Streets. The park includes a 1905 Finnish locomotive #418. The park is used as a focal point for the City's annual Scandinavian Festival and provides a seating area and Veterans memorial placard.



## **Bergstrom Park**

Acreage: 2.0 acres. Year Built: 1980. 5th and Dora. Bergstrom Park is surrounded by farmlands to the north and east. A bike path extends to Alder Street from the park providing an alternative access point. The park includes a small basketball court and a wall for tennis or wall ball.



## **Lyle Day Park**

Acreage: 2 acres. Year Built: 1983. Between 5th and 6th Avenues and Elm and Deal. A pedestrian path meanders through the open lawn with pedestrian lights connecting the two streets. The park includes a tennis court, half basketball courts and playground equipment.



# Camp Sunshine at CSC



Nine-1 week sessions 8:30a-5:30p \* Grades K-8th \* \$90 a week per Camper  
Scholarships Available \* Online registration forms \* online credit card reg.  
Community Services Center \* 175 W. 7th Ave. Junction City \* 541.998.4767

[www.junctioncityoregon.gov](http://www.junctioncityoregon.gov) > Depts. & Services > Community Services Dept. > Community Services Center > Camp Sunshine

- Week 1: June 20-24 "Music Makers"**  
**Week 2: June 27-July 1 "Keeping It Green"**  
**Week 3: July 5-8 "Oregon Adventure"**  
**Week 4: July 11-15 "A Bug's Life"**  
**Week 5: July 18-22 "Weather Week"**  
**Week 6: July 25-29 "Where You Live"**  
**Week 7: Aug. 1-5 "Pacific Northwest"**  
*(No Camp During Scandinavian Festival Week)*  
**Week 8: Aug. 15-19 "Camp Sunshine's Got Talent"**  
**Week 9: Aug. 22-26 "Best of the Best"**

*Campers enjoy a mixture of outdoor play, indoor activities, arts & crafts, healthy snacks, quiet times, physical activity, and games.*



## Youth Activities at the Community Services Center 541.998.4767

### Teen Activities and Crew

So you're a teen. What do you like to do? What would you like to learn? Where would you like to visit? The Center is looking for teens who would be interested in sharing their ideas. The Community Center's Teen Crew is looking for you! Need Community Service Hours for High School?

Call 541-998-4767

#### Volunteer Opportunities:

Office/Computer/Reception  
Facility Improvement/Upkeep  
Leaders In Training/Counselors  
Gardening/Recycling

Afterschool & Camp Sunshine helpers  
Scandinavian Festival Fundraiser (no booth work)



### Our Parent-Tot Group

Parents bring your tots and come have a great time. Play, read, learn, sing, share stories and a healthy snack. Discuss topics of interest to you and to other parents as well. (Birth to 5)



**Date:** Begins at 9am every Thursday

**Cost/Reg:** Free

**Activity Leader:** Wendy Thelander

### Infusion-Teen Activity Night

Games, food, laughter and friendly competition - what more do you need for a great night of fun and laughter with your friends?

**Date:** Saturdays: June 25, July 23, August 27, September 24

**Cost/Reg:** Participation is free & drop in.

**Activity Leader:** CSC Adult Volunteers





# Building Blocks Christian Childcare & Preschool

575 Greenwood Street, Junction City, OR 97448  
Phone: 541-998-7619 Fax: 541-998-8241

Website: <http://bbcchildcare.com>  
E-Mail: [bbcchildcare@aol.com](mailto:bbcchildcare@aol.com)

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# GIRLS M T GEAR



# Adult Special Interest at the Community Services Center 541.998.4767

## Guided Walking Garden Tours with Edie

Join Edie as you walk through Junction City admiring and discussing some of the finer gardens our community has to offer. Listen to Edie as she shares her educated insights into the joys of putting together a well balanced and purposeful garden.



**Date:** 4th Friday of the Month (6/24, 7/22, 8/26, 9/23)

**Cost/Reg:** \$5 per walk, sign up by calling 541-998-4767

**Activity Leader:** Edie Moro

## Senior Health Insurance Benefits Assistance

The SHIBA program provides free counseling to people with Medicare. We can help you select a Medicare prescription drug plan, compare Medicare Advantage Plans, compare Medicare Supplement Plans, help you apply for Medicare Saving Programs, and help with Medicare Prescription Coverage.



**Date:** Every 1st and 3rd Tuesday in the afternoon, by appt.

**Cost/Reg:** Participation is Free, Call 541-998-1556 for appt.

**Service Leader:** State of Oregon SHIBA Volunteers

## Conversational Spanish

Making Friends with Spanish in everyday life! Adult Beginner Level starting June 21, 2011

**Date:** Tues and Thurs 5:15-6:15pm

**Cost:** \$35 for six weeks

**Instructor:** Nadine World

Sign up at Community Services Center 541-998-4767



## English as a Second Language

Making Friends with English in everyday life! Adult Beginner Level starting June 21, 2011

**Date:** Tuesday and Thursday 6:30-8:30 pm

**Cost/Reg:** \$40 for six weeks

(Scholarships Available)

**Instructor:** Nadine World

Sign up at Community Services Center 541-998-4767



# Fitness Classes at the Community Services Center 541.998.4767

## Zumba with Deb

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

**Date:** Summer schedule

Monday Class 5:30 pm & 7 pm

Wednesday Class 5:30 pm & 7 pm

Friday Class 10 -11am

**Cost/Reg:** \$5 per class, Drop In or

Pay \$40 for 10 classes

**Instructor:** Deb Hargett Open to ages 10+.



## Tai Chi with Machiko

Move, stretch, flow - you really have to try it! Tai-Chi is great for improving balance and preventing falls. The instructor, Machiko Shirai is a Gold Medalist in Tai-Chi. Class sessions are \$35 for each six week session. New sessions begin: 6/5, 8/23

**Date:** Tuesdays 3-4 pm

**Cost/Reg:** \$35 for six weeks

**Instructor:** Machiko Shirai

Call 541-998-4767 to register.



## Yoga with Lila

Try an easy style of Yoga, sitting in a chair or on the floor. This is a great strengthening, stretching and stress reliever program, which is gentle on the body.

**Date:** Mon. & Wed., 2:30-3:30pm

**Cost/Reg:** \$5 each visit, Drop In

**Instructor:** Lila



## Adult Self Defense with Master Martin

Learn to defend yourself with our easy-to-learn, yet effective program is great for anyone 16 years & over. Class taught by former World Championship competitor and master instructor Gary Martin.

**Date:** Tuesday & Thursdays, 7:00-

8:00PM **Cost/Reg:** \$89/mo.

**Instructor:** Gary Martin 541.321.2185





# Bambinos



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Sun - Thurs  
11am-8pm  
Fri - Sat  
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Oregon  
541-998-1984

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## Photography Classes at the Community Services Center 541.998.4767

### Snapshot Seminar

This seminar is for anyone that wants to take better photos of anything, with any camera; film or digital, simple or complex. You'll learn the four controls every camera has, and the single most important secret to taking great photos.

**Date:** Thursday, June 9, 6:30pm

**Cost/Reg:** \$15 **Instructor:** Jamie Hooper

### Vacation Photography Seminar

If you're taking a vacation this summer, this seminar will show you how to return with stunning photos that really capture your experience! Take it along with the Snapshot Seminar and you'll be ready for anything!

**Date:** Tuesday, June 14, 5:30 pm

**Cost/Reg:** \$15 **Instructor:** Jamie Hooper

### Photoshop Elements: "The Magical Powers of Adjustment Layers"

We'll begin with layer pallet basics, and then add the power of adjustment layers to make your photos "pop", and many other things including adding custom skies, changing clothing color, and even "hand-tinting" a black and white photo! Some basic knowledge of using Photoshop Elements required. Students may bring laptop (with fully charged battery!) if they have one, but it is not necessary.

**Date:** Thursday, June 16, 6:30 pm

**Cost/Reg:** \$25 **Instructor:** Jamie Hooper

### "Photographing the Scandinavian Festival"

We will begin with a short discussion, and then go outside using the wide variety of photographic opportunities the Festival affords. These include photographing flowers, still lifes, portraits, and action. Participants will learn how to find the best light and compose photos that have impact. The seminar will end back at the Community Center to review and answer questions. Each participant will leave with 2 tip sheets: one for photo tips, and one for digital tips.

**Date:** Friday, August 12, 9-Noon **Cost/Reg:** \$75 Class

limited to six. **Instructor:** Jamie Hooper

### Photography Workshop: "Mastering Light and Composition"

We'll begin at the Community Center and carpool out to an amazing garden just 10 minutes away. Learn how to find and use the best light to enhance your subject, including how to get great portraits of your family and friends. We'll meet at the Community Services Center and leave from there.

**Date:** Tuesday, August 23, 5:00 pm

**Cost/Reg:** \$75 Class limited to 8. **Instructor:** Jamie Hooper

## eDev Business Classes at the Community Services Center 541.463.4627

### Sales & Marketing Series

Areas of focus will be:

- identifying your customer
- learning to sell to them
- learning to choose the best methods to get their attention

**Date:** Wednesdays beginning June 15, 6:30 - 8:30 pm

**Cost/Reg:** Contact Juli to pre-register (541) 463-4627

**Instructor:** Shawn Winkler-Rios

### Financial Tools Series

Areas of focus will be:

- good Recordkeeping
- efficient Bookkeeping
- pulling Financial Reports
- managing Cash Flow
- identifying tax strategies



**Date:** Wednesday beginning July 6, 6:30 - 8:30 pm

**Cost/Reg:** Contact Juli to pre-register: (541) 463-4627

**Instructor:** Shawn Winkler-Rios

### Access to \$\$

Intro to Two eDev Programs

- the IDA Grant Program
- the RMAP Loan

**Date:** Wednesday, June 29, 6:30-8:30 pm

**Cost/Reg:** Contact Juli to pre-register: (541) 463-4627

**Instructor:** Shawn Winkler-Rios

\*If participants are interested, eDev will form PEER GROUPS to effect a wholistic approach to each business.

If you are a resident of rural Lane County classes may be Free of Charge, provided you:

- complete a current General Application ("Intake Form")
- sign the one-page supplement
- and provide financial documentation of eligibility

Tuition is \$30.00 for a typical 2 hour class. If you have questions you can call Juli at (54 1) 463-4627.



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[us659@PakMail.org](mailto:us659@PakMail.org)

# PAKMAIL

# Family Dance and Summer Movies in the Bay

Skip & his group, The Spirit of New Orleans, play the great rhythm and blues hits of the '50s and '60s, as well as great pop & rock classics of the '60s and '70's. Add to that a New Orleans piano boogie-woogie and the party follows! Frontman Skip Jones has enjoyed working with such bands as: The Coasters, The Drifters, The Platters, Joe Houston & Bo Diddley.

**Skip Jones & The Spirit of New Orleans**  
**Family Dance Party After the Cruise**  
**Sat. June 18, 8-10:30pm**

**Meet Me Under the Water Tower!**  
Event at the Community Services  
Center, 175. W. 7th Ave. JC  
Minimum Donation \$5  
Proceeds Benefit Youth Programs  
offered by the CSC. 541.998.4767

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## MOVIE NIGHTS IN THE BAY

### FREE SUMMER MOVIES SUNDAY EVENINGS

- June 12:** A timid teen is forced to spend the summer with his rich and eccentric great-uncles.
- June 26:** A cartoon about a 78-year-old homebody that flies away on a balloon with an 8-year-old Wilderness Explorer.
- July 10:** A team of parapsychologists go into business as proton-pack-toting "ghostbusters".
- July 24:** An Oscar-winning classic, at a Moroccan Night Club during World War II
- August 7:** The new-kid-in-town heads for the neighborhood sandlot, to join a pickup baseball game.
- August 28:** The classic version of the absent-minded professor who concocts chemical cocktail that turns him into slick chick-magnet.

**Community Services Center**  
**175 W. 7th Ave. JC 541.998.4767**



**Concessions  
Available**

**Doors  
open:**

**6:30pm**

**Showtime:**

**7:00pm**



# Summer Reading Program



Programs take place at the Community Services Center

175 West 7<sup>th</sup> Ave. Wednesdays at 12:30, FREE

- June 22 Rich Glauber - Music in action; guitar sing-along.
- June 29 **BRING Recycling** - Paper-making: this is how it is done on a small scale.
- July 6 **Zany Zoo** - See mammals and birds from all over the world.
- July 13 **The Raptor Center** - *Reading with Raptors*. Meet in the Council Chambers.
- July 20 **Chris Leebrick, Storyteller** - A professional actor will take us to distant places.
- July 27 **Nordurljos** - Oaklea kids demonstrate and teach Scandinavian dances.
- August 3 **Zany Zoo** - returns with Reptiles!
- August 17 **Penny Puppets** - a one-person puppet show.
- August 24 **Jordan Schnitzer Museum of Art** - We will be stamping vegetables!



## Junction City Public Library

**One World,  
Many Stories**

726 Greenwood Street \* 541.998.8942

Monday & Tuesday: noon to 7:00 pm

Wednesday & Thursday: noon to 6:00 pm

Saturday 10 am to 3 pm

*Enjoy the hot summer days with good books and good friends by participating in the annual reading and read-to-me club. Kids in School District 69 who live outside of town can have a free summer library card.*

**Kids** - When you have read ten books, or when you have had ten books read to you, come to the library to select and keep a book of your own. Fill out another list, and get a free family day pass to the Max Strauss Pool.

**Teens & Adults** - When you have read twelve books come to the library and choose a book to keep from the Friends of the Junction City Public Library shelf. When you write three **Quick Reviews**, you will receive a free family day pass to the Max Strauss Pool. There will be **Summer Reading prizes** for three winners, drawn from the names who submit.

# JC Pool Classes & Activities 541.998.3621

**Swim Lessons:** The Junction City Pool is proud to offer to the community swim lessons for all ages! Our classes cover a variety of water skills that focus on participants comfort level in the water, ranging from Parent/Child classes for toddlers to advanced skill progression, and even adult swim lessons! Lessons are two weeks long including a safety day lesson and a game day on the last day where participants will receive progress reports.



**Open Swimming Hours:** Come visit us for Rec. Swim! All ages welcome, children under 6 must be accompanied by someone over 13. We have noodles, kickboards, basketball hoops, a diving board, and great toys! Prefer family time later in the evening? Visit us for Family Swim! We offer the same exciting amenities and we light up the pool with underwater lights! For Family Swim, swimmers under 18 must be accompanied by an adult who pays admission and is in swim attire on deck or in the water.



**Swim Team:** The Junction City Swim Team is a program for swimmers of all ages who can comfortably swim 25 yards. The team is semi-competitive with workouts focusing on stretching, stroke work, building endurance, meet etiquette, and above everything, having fun! Practices are weekday mornings throughout the summer.



**Water Exercise Lap Swim:** Looking for a new exercise regimen this summer? New this year we have a fast pace, intense, shallow water exercise lead by a trained instructor! We also offer a deep water exercise class! No extra fees for these classes, just a general daily admission! These classes are at the same time as lap swim so, if you get tired of one type of work out, switch it up!



**Party Rentals:** Have a birthday party, family reunion, or get together coming up? Our pool is a great way to entertain a large amount of people! Our amenities include: picnic tables, lounge chairs, toys and lifejackets. Willing to share the facility with the public, just rent the picnic area during our recreational and family swims! Great fun for friend as family!



**Teen Swim:** Teens! Are you sick of hanging out at home? Can't get to the movies? Come here! We have teen swim Tuesday and Thursday evening from 9-10! That is right! No kids, just teens! Music, entertainment, and games! We will have themed nights and basketball tournaments, come check it out!



**Jr. Lifesaving Class:** Ever wonder what it's like to be a lifeguard? The Junction City Pool has the answer. During our last session of lessons we are offering our own Jr. Lifesaving Class. In this class students will learn skills that range from first aid to basic life support. We ask that students be able to swim 200 yards and touch the bottom of the 10 ft area. This is a wonderful opportunity! Please contact us for more specific information.



**Lesson Helpers:** Are you or somebody you know interested in volunteering to help teach swim lessons? If so, head down to the pool to fill out your application! We ask that helpers be at least 13 years of age. Helpers must be able to swim 200 yards of freestyle (without stopping) with side breathing, tread water for 10 minutes AND complete a 2 hour training session. Come on in we would love the help.





# 2011 Max Strauss Pool Schedule

The Max Strauss Pool is open June-August  
**1515 Laurel St. JC 541.998.3621**

Off-season contact 541.998.4767

June 6: Open for rec. swim Mon-Fri 3-6 pm.

June 6: Registration begins Mon-Fri. 3-6 pm.

June 13: Regular schedule begins, no lessons

## Lesson Sessions

Session 1: June 20 - July 1

Session 2: July 5 - July 15

Session 3: July 18 - July 29

Session 4: Aug. 1- Aug 12

Session 5: Aug. 15 - Aug. 26

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
9:00 - 11:00 Rentals	10:00 - 11:00 Swim Team	10:00 - 11:00 Swim Team	10:00 - 11:00 Swim Team	10:00 - 11:00 Swim Team	10:00 - 11:00 Swim Team	9:00 - 11:00 Rentals
11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim	11:00 - 3:00 Rec. Swim
3:00 - 6:00 Family Swim	3:00 - 6:00 Swim Lessons	3:00 - 6:00 Swim Lessons	3:00 - 6:00 Swim Lessons	3:00 - 6:00 Swim Lessons	3:00 - 6:00 Swim Lessons	3:00 - 6:00 Family Swim
6:00 - 9:00 Rentals	6:00 - 7:00 Water Ex/ Lap Swim	6:00 - 7:00 Water Ex/ Lap Swim	6:00 - 7:00 Water Ex/ Lap Swim	6:00 - 7:00 Water Ex/ Lap Swim	6:00 - 7:00 Water Ex/ Lap Swim	6:00 - 9:00 Rentals
	7:00 - 9:00 Family Swim	7:00 - 9:00 Family Swim	7:00 - 9:00 Family Swim	7:00 - 9:00 Family Swim	7:00 - 9:00 Family Swim	
		9:00 - 10:00 Teen Swim		9:00 - 10:00 Teen Swim		

<u>Daily Pass</u>	<u>IN JC</u>	<u>Non JC</u>	<u>Lessons</u>
Child	\$2.00	\$2.50	Two week lessons
Adult	\$3.50	\$4.50	Junction City \$30
Senior	\$1.50	\$2.50	Non-Junction City \$40
Family	\$7.00	\$9.00	

<u>Season Pass</u>	<u>IN JC</u>	<u>Non JC</u>	<u>Swim Team</u>
Child	\$55	\$65	Swimmer #1 \$40
Adult	\$65	\$75	Swimmer #2 \$35
Senior	\$45	\$55	Swimmer #3 \$30
Family	\$80	\$95	Swimmer #4 Free

**Rec Swim** - Anyone may attend. Children under 6 years of age must be accompanied by someone over 13, unless the child is over 48" & can pass the swimming test. (15 yards on front/15 yards on back).

**Family Swim**-For Family Swim, swimmers under 18 must be accompanied by an adult who pays admission and is in swim attire on deck or in the water.

**Website: [www.junctioncityoregon.gov](http://www.junctioncityoregon.gov)**

**Go to:** Departments & Services > Community Services Department > Junction City Public Pool

# Viking Sal Senior Center 541.998.1556

245 WEST 5<sup>TH</sup> AVE. JUNCTION CITY

Center hours: M 8:30-2pm, Tue 8:30-3pm, W 8:30-3pm,

Th 8:30-5pm, F 8:30-2pm



**Viking Sal Senior Center** provides activities for area residents 55 and older in Leadership, Education, and Recreation, along with Assistance and Nutrition & Wellness, five days a week. The Viking Sal's purpose is to serve as a community focal point on aging where older persons as individuals or in groups come together for services and activities, which enhance their involvement in and with the community.

The Center has a large variety of lecture and informational classes, creative opportunities, trips, social games, and exercise sessions for all ability levels. A current full detail Program Guide outlining services and activities is available quarterly. Program Guide subscriptions mailed to your home are available for \$10.00 a year.

## Special Interest Activities at Viking Sal Senior Center 541.998.1556

### Viking Sal's Open House 8/30

Come on board at Viking Sal as we set sail for a Open House Luau Lunch on Tuesday, August 30 at 12 Noon. Think you know everything about Viking Sal, Senior Connections and Senior Meals? Listen to our three informative speakers to learn more. \$4 Tickets must be purchased before August 23. Tickets purchased August 24 or later & at the door are \$5.



### Visiting Viking Sites

Join guidebook author and novelist, William L. Sullivan for a slide presentation at Viking Sal on Wednesday, June 29th at 12:30 pm. Sullivan is the author of three novels and a dozen non-fiction books. The talk is free to attend, sign up by calling 541.998.1556. Open to all



### Living Healthy with Chronic Conditions

This incredible program was developed by Stanford University Patient Education Research Center. It is a six-session weekly interactive workshop that helps those who have ongoing health conditions, learn how to take control of their health. Each participant receives the book *Living a Healthy Life with Chronic Conditions* and a relaxation tape. The groups are both educational and supportive.



The class will be offered on Wednesdays, August 24 through September 28, 1 pm to 3:30 pm at Viking Sal. Registration is required, stop by Viking Sal or call 541-998-1556 to register. This program is offered by Peace Health Center for Senior Health and is free of charge.



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**Sam and Jadine Steinhauer ~ Owners**  
**Bradley Helms ~ Ford Senior Master Technician**  
**Dennis Dudenhoefer ~ ASE Master Certified**  
Office ~ 541.998.1603 Cell ~ 541.206.9177  
93126 Prairie Road  
East of Barncraft on west side of Prairie Road  
PO Box 730 Junction City

# JUNCTION CITY COMMUNITY SERVICES DEPARTMENT MAIN OFFICE

PO Box 250  
175 West 7th Avenue  
Junction City, OR 97448  
541-998-4767

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